Use this as a guide and as a record of what you covered in the session. Indicate with a tick ☑ if the item was covered. Leave blank if the item was omitted.

Client number: .................................................. Date of session: .................................................................
Start time: ......................................................... Finish time: .................................................................

Content Checklist

01. Introduction (welcome and self-introduction) and Agenda
   (outline proposed session goals and gain consent from the parent/s)
   - Assessment of child behavior problems
   - Options for intervention
   - Keeping track of children’s behavior
   - Homework tasks

02. Intake Interview
   - Discuss each parent’s current main concerns about their child’s behavior (nature; context; intensity; frequency; duration; onset; course; other carers’ approaches)
   - Check for any developmental difficulties or health problems
   - Check on the child’s educational history
   - Explore family relationships and interaction

03. Options for Intervention
   - Ascertain the appropriateness of Primary Care Triple P for the family
   - Discuss continuation of the program if appropriate
   - Discuss referral if appropriate

04. Keeping Track of Children’s Behavior
   - Decide on the target behavior/s to monitor
   - Provide a rationale for monitoring children’s behavior
   - Devise a system for keeping track of the target behavior/s

05. Session Close
   - Review the main points covered in the session
   - Explain homework tasks (complete the Family Background Questionnaire, Parenting Experience Survey, and daily monitoring; review causes of child behavior problems and complete the checklist)
   - Schedule the next appointment

Session Notes

Continued
Use this as a guide and as a record of what you covered in the session. Indicate with a tick ☑ if the item was covered. Leave blank if the item was omitted.

Client number: ........................................ Date of session: .................................................................

Start time: ........................................ Finish time: ..............................................................................

Content Checklist

01. Agenda
   (outline proposed session goals and gain consent from the parent/s)
   • Review assessment information
   • Discuss causes of child behavior problems
   • Develop specific goals for change (Goal Achievement Scales)
   • Develop a parenting plan
   • Homework tasks

02. Feedback of Assessment Results
   • Check the problem is still current and explain the feedback process
   • Discuss data from each type of assessment (interview, monitoring, observation)
   • Provide an integrating summary
   • Check the accuracy of your summary

03. Causes of Child Behavior Problems
   • Outline the purpose of discussing causes of child behavior problems
   • Ask the parent/s which factors they consider relevant to their child
   • Prompt the parent/s to identify other causes
   • Share your own observations if necessary
   • Provide an integrating summary

04. Goals for Change
   • Devise Goal Achievement Scales

05. Parenting Plan
   • Introduce a parenting plan from a tip sheet, tailor a plan from a tip sheet for a similar problem or develop a plan using the Planning Ahead form
   • Prompt the parent/s to transfer key steps onto a Parenting Plan Checklist
   • Rehearse strategies as required

06. Session Close
   • Review the main points covered in the session
   • Explain homework tasks (continue to monitor target behavior/s; implement parenting plan and monitor on Parenting Plan Checklist, practice specific skills)
   • Schedule the next appointment
Primary Care Triple P
Session 3 Summary

Use this as a guide and as a record of what you covered in the session. Indicate with a tick ☑ if the item was covered. Leave blank if the item was omitted.

Client number: .......................................................... Date of session: ..........................................................
Start time: .......................................................... Finish time: ..........................................................

Content Checklist

01. Agenda
   (outline proposed session goals and gain consent from the parent/s)
   • Review of monitoring
   • Review of implementation of the parenting plan and fine-tuning where necessary
   • Overcoming obstacles to implementation
   • Additional agenda items
   • Homework tasks

02. Update on Progress
   • Review monitoring of the target behavior/s (try to link changes in child behavior to changes in parenting strategies used)
   • Review implementation of the parenting plan

   Ask what worked (at least two positive points):

   ........................................................................................................................................................................
   ........................................................................................................................................................................
   ........................................................................................................................................................................
   ........................................................................................................................................................................
   ........................................................................................................................................................................
   ........................................................................................................................................................................
   ........................................................................................................................................................................

   Ask what the parent/s could have done differently:

   ........................................................................................................................................................................
   ........................................................................................................................................................................
   ........................................................................................................................................................................
   ........................................................................................................................................................................
   ........................................................................................................................................................................
   ........................................................................................................................................................................
   ........................................................................................................................................................................

   • Fine-tune routines as required
   • Provide a model and rehearse specific skills until the parent/s reach a sufficient level of proficiency
   • Check for understanding, unhelpful thoughts and other obstacles to implementation of the parenting plan
   • Develop a coping plan to overcome identified obstacles
03. Other Issues

- Discuss any other issues the parent/s want to cover, such as developing a new parenting plan for another target behavior (use minimal prompts to help the parent/s solve any problems)

04. Session Close

- Review the main points covered in the session
- Explain homework tasks (continue to monitor target behavior/s; continue to implement parenting plan/s; other personal goals for practice)
- Schedule the next appointment

Session Notes

Additional Agenda Items

Homework Tasks

Signed: .................................................. Date completed: .................................................
Use this as a guide and as a record of what you covered in the session. Indicate with a tick [✓] if the item was covered. Leave blank if the item was omitted.

Client number: ....................................... Date of session: ............................................................
Start time: ........................................ Finish time: ..............................................................

Content Checklist

01. Agenda
   (outline proposed session goals and gain consent from the parent/s)
   - Review of monitoring
   - Review of implementation of parenting plan/s and fine-tuning where necessary
   - Review of progress
   - Maintenance of progress made
   - Additional agenda items
   - Completion of post-intervention assessment forms

02. Update on Progress
   - Review monitoring of the target behavior/s (try to link changes in child behavior to changes in parenting strategies used)
   - Review implementation of the parenting plan/s and homework goals for practice

   Ask what worked (at least two positive points):
   ..........................................................................................................................................
   ..........................................................................................................................................
   ..........................................................................................................................................
   ..........................................................................................................................................
   ..........................................................................................................................................

   Ask what the parent/s could have done differently:
   ..........................................................................................................................................
   ..........................................................................................................................................
   ..........................................................................................................................................
   ..........................................................................................................................................
   ..........................................................................................................................................

   • Fine-tune routines and rehearse specific skills as required
   • Check for any obstacles to implementation of the parenting plan/s and develop a coping plan to overcome identified obstacles
• Ask the parent/s what improvements they have seen in their child’s and their own behavior since starting the program (refer to goals set in Session 2 recorded on the Goal Achievement Scale Worksheet/s and note percentage success achieved)
• Ask the parent/s what further improvements they would like to see in their own and their child’s behavior and prompt them to think about how to achieve these goals
• Discuss ways of maintaining progress made

03. Other Issues
• Discuss any other issues the parent/s want to cover (use minimal prompts to help the parent/s solve any problems):

04. Session Close
• Review the session
• Ask the parent/s to complete the Parenting Experience Survey and Client Satisfaction Questionnaire
• Discuss referral options as appropriate
• Congratulate and thank the parent/s for participating in Triple P

Session Notes

Additional Agenda Items

Signed: ............................................... Date completed: ..................................